

## VHEMT growth creates need for newsletter

The Voluntary Human Extinction Movement (VHEMT) has grown to the point of needing a newsletter to keep worldwide members informed and in touch, and to let prospective Volunteers know about The Movement.

*These EXIT Times* hopes to voice the concerns of all of us who have volunteered to live long and die out.

Besides offering articles of interest to Volunteers, *These EXIT Times* lets others know that we're not just a bunch of misanthropes and anti-social, Malthusian misfits, taking morbid delight whenever disaster strikes humans. Nothing could be further from the truth. VHEMT is the humanitarian *alternative* to human disasters.

*These EXIT Times* doesn't carry on about how the human race has shown itself to be a greedy, amoral parasite on the once-healthy face of this planet. That type of negativity offers no solution to the inexorable horrors which human activity is causing.

Rather, *These EXIT Times* presents The Movement's encouraging alternative to the callous exploitation and wholesale destruction of the Earth's ecology.

As Volunteers know, the hopeful alternative to the extinction of millions, probably billions, of species of plants and animals is the voluntary extinction of one species; *Homo sapiens*... us.

Each time another one of us decides to not add another one of us to the burgeoning billions already squatting on this ravaged planet, another ray of hope shines through the gloom.

When every human makes the moral choice to live long and die out, Earth will be allowed to return to its former glory, and all creatures will be free to live, die, evolve (if they believe in evolution), and will perhaps pass away, as so many of

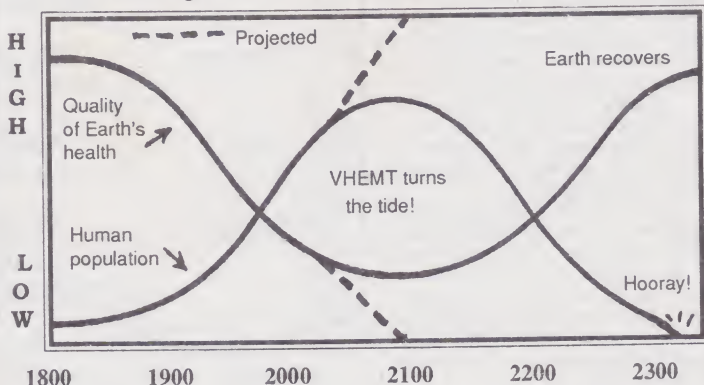
Mother Nature's "experiments" have done throughout the eons.

Good health will be restored to the Earth's ecology... to the lifeform known by many as Gaia.

It's going to take all of us going.

EXIT

## Volunteers to improve Quality of Earth's health



The relationship between human population density and quality of life is shown in the chart above.

The left side shows the past... Earth's health was better when our numbers were fewer.

The right side shows the future... when the Earth will return to a natural paradise thanks to VHEMT Volunteers helping to improve our population density.

The middle shows the present... here we have the choice of continuing to increase, or of taking responsibility for our activities.

We will know that Volunteers are having an effect when our growth rate stops growing.

This could occur as early as the beginning of the 21st century.

The next indicator of success will be when growth actually stops and the number of humans on the planet becomes smaller each day.

Then, as more and more people make the choice to live long and die out, the quality of all life on Earth will begin to improve.

The value of human life will increase as we become more rare.

Wildlife which hasn't become extinct will begin to repopulate and wilderness will expand.

In choosing to phase ourselves out of existence, we are choosing a better life for all.

EXIT

## These **EXIT** Times

The authoritative voice of the  
Voluntary Human Extinction  
Movement VHEMT  
(pronounced "vehement")  
Mailing address: P.O. Box 86646  
Portland, Oregon 97286-0646  
North America

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Volunteer translators are needed  
in most languages.

### Editorial

As this first issue goes to press in late January 1991, the human family is engaging in fratricide on a larger scale than usual. Regardless of justifications, killing our brothers and sisters is deplorable activity. It doesn't make the world a better place, and it won't even begin to reduce the size of the our population... unless death tolls reach a horrific two million a week.

Today's well-oiled war machinery is the dirtiest ever, grinding out indiscriminate death and destruction. Worse, the machine still has some gears it hasn't used yet.

The vision of a world without humans is also the vision of a world without humanity's wars. However, if we continue to let war machines over run Earth's gardens and creatures, there won't be much left by the time we become extinct. War's impact is often greater on other species than it is on us.

Our efforts for world peace and justice will help preserve life while furthering the cause of voluntary human extinction.

### Legal & moral disclaimer

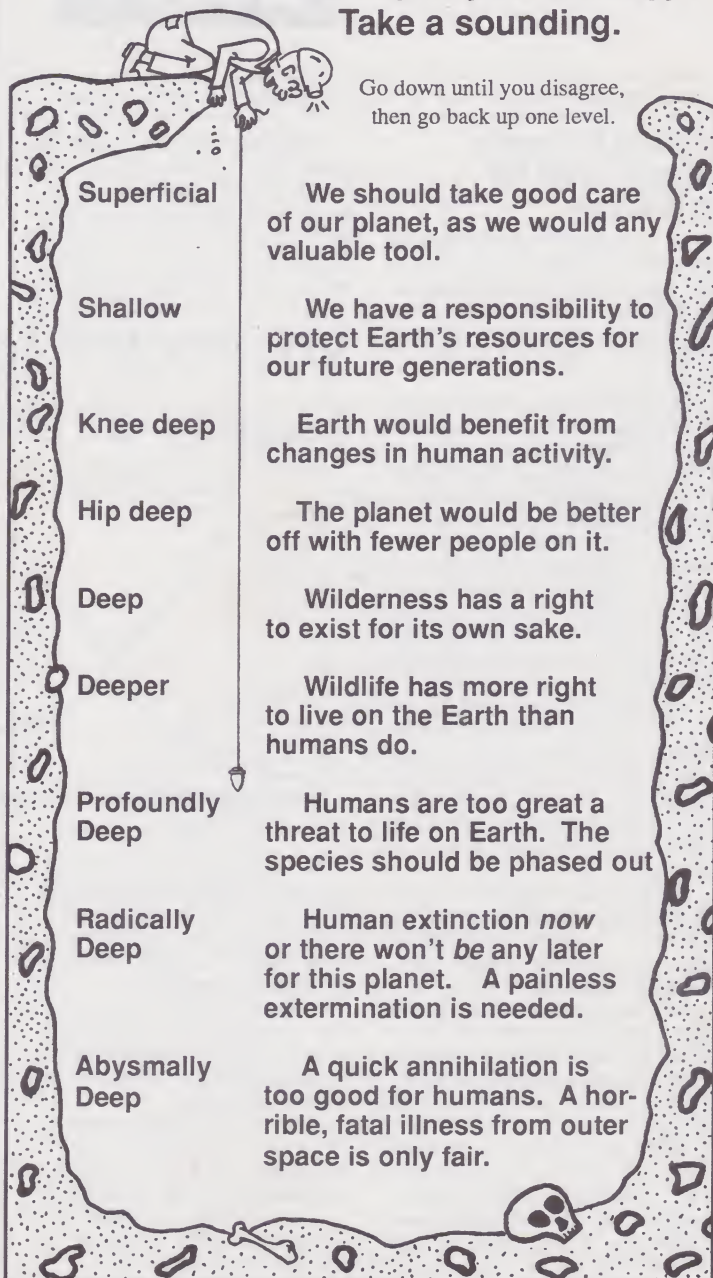
These EXIT Times is not now, nor has it ever been a supporter of involuntary extinction nor extermination of the Human race. Those who advocate or in any way attempt to bring about the extinction of the human race (Homo sapiens) by other than voluntary means are in no way connected with or supported by These EXIT Times, either monetarily\* or with services. These EXIT Times cannot assume responsibility for the actions of individual Volunteers nor groups of Volunteers.

\* taxes excepted

## ECO DEPTH GAUGE

How deep is your ecology?  
Take a sounding.

Go down until you disagree,  
then go back up one level.



We should take good care  
of our planet, as we would any  
valuable tool.

We have a responsibility to  
protect Earth's resources for  
our future generations.

Earth would benefit from  
changes in human activity.

The planet would be better  
off with fewer people on it.

Wilderness has a right  
to exist for its own sake.

Wildlife has more right  
to live on the Earth than  
humans do.

Humans are too great a  
threat to life on Earth. The  
species should be phased out

Human extinction *now*  
or there won't be any later  
for this planet. A painless  
extermination is needed.

A quick annihilation is  
too good for humans. A hor-  
rible, fatal illness from outer  
space is only fair.



# Les Talk

## "Man to Man"

My personal message this issue is meant to be man-to-man, but I can't stop you women from eavesdropping. That's OK, you've probably heard what I've got to say... from each other.

Today I want to talk with you three-legged, heterosexual jokers about sex and responsibility. Just between you and me, are you still shuffling the responsibility for contraception off on your lover? Come on, be honest now. If you are, then this talk is mainly for you.

Men, I'll give it to you straight. It's time to stop paying lip-service to sexual equality... stop just talking about women's rights and dare to put your balls where your mouth is. (Sorry ladies, but this is man-talk).

It's time to take our fair share of the responsibility for contraception. In fact, why shouldn't we take all the responsibility for a change? Women have taken it for a long, long time. They've endured painful IUDs and side effects from the pill... abortions, miscarriages and, yes, even live births.

Most of us won't even endure a layer of latex rolled over the business end of our private parts. Come on, men! Somebody's getting screwed here, I'm cryin' out loud.

If you've made your decision to be VHEMT, make the next moral choice and take responsibility for your sex life. As millions can testify, being sterile ends the muss and fuss of contraception for the rest of your life. Every day you put it off is another day of uncertainty for you and your partner.

Why not take the worry out of being close and give your woman friend the freedom that too many men have taken for granted all these years... the freedom from anxiety about starting someone for life.

Sure, men might fret about paternity suits bleeding them each month for about 18 years... big deal. What's money compared with the 24-hour-a-day responsibility of a dependent?

While we're on the subject of money, let's remember that a vasectomy could pay for itself the first time you use it. Other methods are, like, pay-as-you-go, y'know?

Speaking of paying... I can't compare the pain involved in an abortion with the discomfort of getting my tubes cut and tied... who's to say which is worse? It's just that abortion is only a temporary solution. Tie the lover's knot and you'll never have to say you're sorry.

Some of you might ask, "What if I change my mind in the future?" Well, then it could be too late. What if you get someone pregnant and then change your mind? It could be too late then, too. It's far better to mistakenly not have children than to find out that having one was a mistake. You can squirrel away some of your precious bodily fluids in a sperm bank if it would make you feel better... but, really now, isn't it time you came to grips with this delusion? Of course it is.



Les flashes the double V sign for well-wishers.

## "May we live long and die out"

When a philosophy matures and bears fruit, it can be summed up for short attention spans and long bumperstickers.

The values of the Voluntary Human Extinction Movement (VHEMT) are embodied in its slogan.

**May** is a wish, not a command.  
*Freedom of choice.*

**We** means all of us, not just them.  
*Unity. No enemies.*

**Live** is what we have a right to do until we die.  
*Peace and justice.*

**Long** is for as long as we can, which isn't very.  
*Good health and social security.*

**And** makes the connection between longevity and human extinction.

**Die** is what happens to us no matter what we do. A good death is part of a good life.  
*Dignity in dying.*

**Out** describes our place in Nature.  
*Respect for all life.*

We know there are times when a man must have the... er, guts to make decisions in life that set his personal future. The most important decision for men today is whether or not we accept responsibility for preventing pregnancy and the demise of life on planet Earth.

Common courtesy, finances, and altruism aside, there's a selfish reason for shootin' blanks... women appreciate it and they show it. When your lover knows you're safe, she loses that uptight feeling of dread... she can make love with carefree abandon. And, as you too fully realize what it means to be relieved of that nagging fear of conception, your sexual experiences will become less inhibited and more spontaneous. The release of anxious tension is a freeing experience for both you and your partner.

When the fear of pregnancy is banished from your sex life, a whole exciting world of enjoyment will move in to take its place.

I can't tell you what it's done for me.

But don't take my word for it, find out for yourself just how appreciative your partner can be. I gotta go now, something just came up.

For a better world,

*les*

Les U. Knight

# Path of progressive

Because we've all arrived at our present awareness by different routes and at our own speeds, this simplified, seven-step diagram might not fit anyone exactly.

However, this "progression of awareness" pattern seems to have emerged. Maybe a two-dimensional chart will provide a little direction and help us in tracking our progress.

## 0. Pre-awareness

We all begin at birth, but our path of progressive awareness doesn't begin until we grow beyond pre-awareness.

## 1. Shock.

Shock is the first step in our journey of progressive awareness. There's no returning to the blissful ignorance of pre-awareness once we receive our first shock of reality.

Shock doesn't last for long -- it can't. People won't live long in a state of shock. For almost all of us, denial is our first reaction to shock.

## 2. Denial.

Denial is a sanctuary from shock.

This is a good time to stop and figure things out; to get emotionally and intellectually ready to continue the journey.

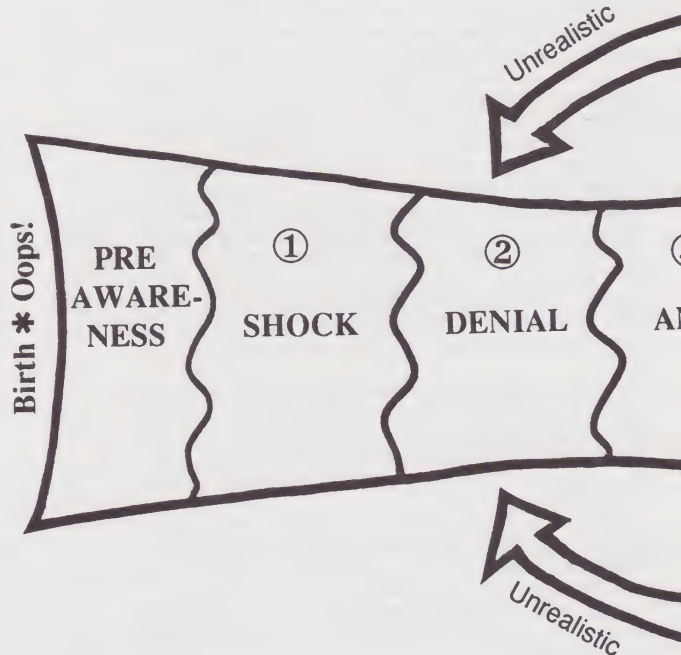
Unfortunately, most people never leave denial. If you seem to be doing well with the way things are, what's the problem?

Living in denial robs us of peace of mind. Our conscience knows the nagging truth, and the anger keeps leaking in.

When we stop denying reality, we are forced into the next phase -- anger. It looks ugly and unprofitable.

## 3. Hopeful anger.

Hopeful anger is a powerful, driving force which can keep us working hard for years. Unfortunately, it is also hard on our personalities. People have sacrificed their Selves in the battle to preserve the Earth's ecosystem, often becoming cynical and giving up hope. Then they move to the hopeless anger phase.



## 4. Hopeless anger.

Phase four is the home of the cynical and the misanthropic. The good aspect of this phase is that it allows many to consider human extinction for the first time. The bad aspect is that this option is usually considered without love. Famines and epidemics don't seem so bad from this perspective.

Anger is actually left over from denial. It means we haven't fully accepted the situation yet.

When we do, anger dies.

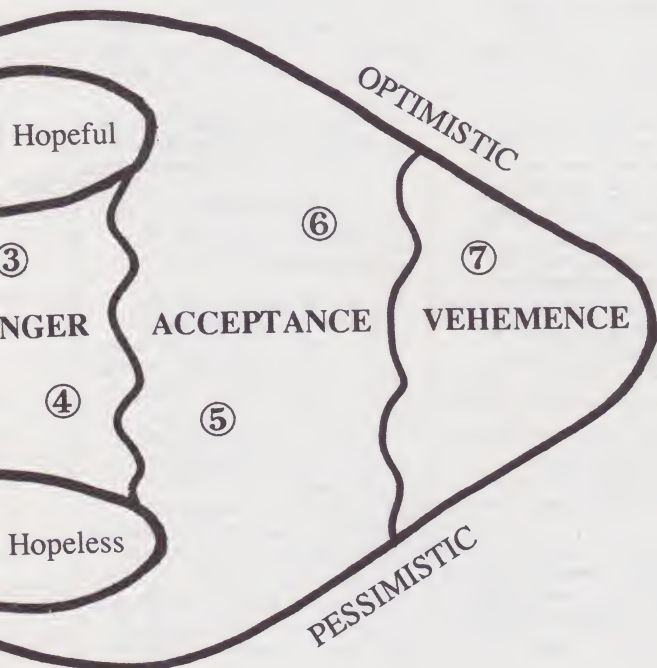


# awareness

## 6. Hopeful acceptance.

Yes, there is still hope, and it will raise us out of the depths of depression. We can easily go too far, however. If our acceptance elevates into the clouds of mindless hopefulness, we will have lost some of our hard-learned awareness.

Unrealistic hopefulness is socially graceful and more pleasant than some of the previous phases, but it too can be a short-cut back to denial. We must take the final progressive step.



## 7. Vehemence.

With a VHEMT perspective we move forward in a dynamic balance of optimism and pessimism, aware that our reality is both hopeful and hopeless.

Once we accept that humans are hopeless as a species, there is renewed hope for the survival of the planet as a life form.

## 5. Hopeless acceptance.

More depressing than hopeless anger is acceptance without hope. Without anger to keep us going, unrealistic hopelessness can be a short-cut back to denial or even to suicide. People in this phase might not be so hard to take if they would just shut up about it. If they were angry, at least there would be some excitement to their dirges.

Though often necessary, this phase should be as short as possible. It's hard to break loose from a lengthy depression. Perhaps just realizing that there is hope.... allowing ourselves to see the signs of hope, which are all around us, will break the spell and allow us to move on to the hopeful acceptance phase.

Although there will be times when we fall back to an earlier phase, a VHEMT Volunteer is less likely to swing to and fro from yin to yang like a yoyo.

With a balanced awareness, our efforts to preserve life on Earth will meet with more success, no matter what those efforts may be.

EXIT

## What do you say when they ask you... ?

### As Volunteers, we are often bombarded with questions about The Movement.

You might recognize a few of the questions listed here. These are some of my typical answers... take whatever you like.

Each question we are asked is a personal invitation to help others understand the concept of voluntary human extinction, so we should be respectful of them. There's no question so stupid that a good answer can't fix it.

Above all, remain positive. Often people don't understand the first time, so be patient. Les

### Q: What is VHEMT?

**A:** Who is VHEMT might be more accurate. VHEMT is people.

Caring people, who believe that life on Earth should be preserved.

Ethical people, who have accepted the evidence, judged the situation, and made the logical decision to live long and die out.

Optimistic people, who foresee a future world where Nature is allowed to live freely and abundantly.



### Q: Are you really serious?

**A:** We're really vehement. Many people find humor in The Movement and think we can't be serious about voluntary human extinction.

In spite of the seriousness of both the situation and The Movement, there is still room for humor. In fact, without humor the situation can become depressing and unbearable.

True, the tragic condition of the planet's biosphere and continued human desecration are not laughing matters. But, neither laughing nor crying will change what's happening. We may as well have some fun while we work toward a better world.

### Q: How is the organization funded?

**A:** There is actually no organization to fund. VHEMT is a movement, not a corporation.

When the structure of a corporation is created to contain a philosophical movement, there is a danger of becoming self-serving.

With no corporation to maintain, The Movement's energy won't be dissipated by meetings, power struggles, legal fees, tax forms, and so on.

A movement either supports itself or it ceases to exist. If there

*Some say, "If you're not part of the solution, you're part of the problem."*

*Actually, we're both the problem and the solution.*

*Look around and you'll see the problem. Look within and you'll find the solution.*

Les U. Knight

were no support for the concept of returning the planet to good health, there would be no Movement and *These EXIT Times* would not exist.

The Movement exists in the hearts and minds of self-sacrificing people who have volunteered to give up their right to bear more children, so that other species might live.



### Q: Just how big is this Movement?

**A:** Extra large. It's difficult to say how many people are vehement about returning the Earth's biosphere to good health. Since there is no membership list, the actual number of Volunteers is unknown. Millions more are sure to volunteer as they realize the meaning of The Movement.

The concept of phasing out the human race is certainly a big one, if that's any indication of the size of The Movement.

### Q: Do you really expect to be successful?

**A:** VHEMT Volunteers are realistic. We know we'll never see the day when no human beings live on the planet. Ours is a long range goal.

Success, however, is achieved each time another person volunteers to make the moral choice and joins The Movement.

It has been suggested that there are only two chances of everyone volunteering to be VHEMT : slim and none.

The odds may be against us, but the decision to live long and die out is still the morally correct one.



### Q: Does the Movement face much opposition?

**A:** No, but there are people working at cross-purposes with VHEMT. Even though more than 40 thousand children die of malnutrition each day, human proliferation is encouraged by some.

There are also people working towards an extermination of all life on Earth.

Some of these misdirected individuals have no doubt heard of VHEMT, but they've never presented any opposition.

Why would anyone be opposed to a voluntary movement which harms no one and benefits everyone?



### Q: Does VHEMT favor abortion?

**A:** Only when someone is pregnant. Pregnancy, of course, should be prevented whenever possible.

Unwanted pregnancy is the cause of almost all abortions, and VHEMT certainly doesn't favor unwanted pregnancy. The Movement doesn't even favor *wanted* pregnancies.

If there were no need for abortions there would be no abortions.



**Q:** What's wrong with having babies? Don't you like babies?

**A:** VHEMT Volunteers love babies as much as anyone else. "Having babies" is not so much the problem; having *adults* is what's causing the problems. The environmental impact of disposable diapers is heavy, but we are adults longer than we are children.

People who envision having a baby often forget that they are creating an entirely new human being who will leave in a few years as an adult.

Youth is a wonderful phase of life, whether it's people, panda, or panther. It's sad to imagine there being no more of any of them. A baby condor may not be as cute as a baby human, but we must choose to forego one if the others are to survive.

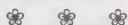
Children's welfare will improve as there are fewer of them to care for. By choosing to refrain from producing another person, Volunteers are showing profound love for all life.



**Q:** Aren't humans more important than the lesser forms of life?

**A:** Maybe. We certainly have the most power. We have the power to destroy the planet or to help it return to a natural paradise. Our choices have more impact than the choices of other animals. So, in some ways humans are the most important species.

Another test of our importance is to ask how well the Earth would get along without us.



**Q:** Aren't you painting all people with the same brush?

**A:** Certainly. Compare someone living in the industrial world with a primitive grazing a goat at the edge of a desert. Can we say which person has the greater environmental impact?

Neither has much choice in their lifestyles and both can help themselves and the planet most by making the moral choice to live long and die out.

**Q:** Extinction is normal. Dinosaurs became extinct by the thousands before we were here, so what's the big deal?

**A:** Yes, species and even whole genus come and go in the natural order of things.

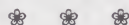
Now, however, major species are becoming extinct at an alarming rate.

If the VHEMT goal is achieved, this will be the first time a species has become extinct voluntarily ...or has had reason to.



**Q:** So, why don't you just commit suicide?

**A:** Death comes soon enough. More good can be done by living than by dying.



**Q:** Will AIDS help the cause of human extinction?

**A:** No. Epidemics actually strengthen a species if enough of them are living to have a good survival rate. With over five billion of us, there is no known disease that could get us all.

For any disease to simply hold the human population where it is, more than 260,000 of us would have to succumb to it each day. Suffering and death cannot help but hurt.



**Q:** What about war, then?

**A:** Millions have died in wars and yet the human family continues to increase. Most of the time, wars encourage both the winners and losers to re-populate. The net result is an increase rather than a decrease in the size of the population.

Resource shortages are still dealt with by resorting to mass murder and calling it war, but the results are only temporary.

Besides being impractical, killing people is immoral. It should never be considered as a way to improve life on Earth.

**Q:** What if all the people who don't want to reproduce die off? Won't everyone be making babies then?

**A:** Ideas are not easily inherited. The balanced vehemence of The Movement is one that people arrive at individually, regardless of their ancestors' beliefs.



**Q:** How do I become a member of VHEMT?

**A:** Being VHEMT is a state of mind. All you have to do to join is make the moral choice to live long and die out.

For some, this is an easy decision to make.

For others, it's a moot issue.

But for many, joining The Movement means making a monumental personal sacrifice.

Deciding to place Nature's concerns above humans' is a major decision for anyone to make.

If you can make it, you're VHEMT.



**Q:** My husband and I have six children. Even though we love them all and are glad we have them, we realize now what this means to the ecology.

Can we still join VHEMT?

**A:** Naturally. When people gain the VHEMT perspective, they decide to add no more to the existing problem. They don't pressure their children to give them grandchildren and might encourage them to make the moral choice. Being VHEMT has nothing to do with the past. It's the *future* of life on Earth that The Movement wants to preserve.

There is no reason to feel guilty about the past. Guilt doesn't lead to positive solutions. People who are VHEMT are motivated by the promise of a better world. A world where animals can live freely without the threat of extinction. Where the air and water are clean, the plants are flourishing and the civilization is silent.

[EXIT]

## Dear Non-Member,

I hope you'll read *These EXIT Times*. It's not just for people who have already made the choice to live long and die out.

If you haven't given voluntary human extinction a whole lot of thought before, the idea of a world with no people in it may seem strange. But, if you'll give the idea a chance, I think you might agree that the extinction of *Homo sapiens* would mean survival for millions, if not billions of other Earth-dwelling species.

It isn't the intention of *These EXIT Times* to convince others that humans are destroying the Earth's biosphere. If someone chooses to deny the evidence surrounding us, they would ignore even the best arguments which could be presented here. And, anyway, who wants to read another long list of what's wrong with the world? Let's move on to the solution.

Phasing out the human race will solve every problem on Earth, social and environmental. It will, however, take quite a long time. (See chart, page one). For many species and ecosystems, maybe including our own, there simply isn't enough time.

That's why Volunteers are usually not content to just be VHEMT. Most of us are also following our hearts and are working in whatever area we feel we can do the most good for the planet.

Some choose direct aid to the Earth's ecology, such as reforestation and creating wildlife habitats.

Some are involved in politics and legal systems; lobbying for laws which help to reduce human impact and preserve life.

Others are helping the planet by helping humans. These Volunteers' efforts might seem unrelated or even contradictory to VHEMT. However, social programs like health care, education, improving the status of women, and care for the elderly all help to slacken birth rates.

Volunteers help to save human lives by donating blood, working for reduced infant mortality rates, or trying to ease world hunger. All creatures have the right to live a long and healthy life.

Already, some Volunteers are working toward the political and economic progress that will be possible when governments become less necessary and economic systems are freed from dependency on an increase in consumers and a scarcity of supplies.

No matter what you're doing to improve life on planet Earth, I think you'll find that phasing out the human race will increase your chances for success.

Thank you for considering the Voluntary Human Extinction Movement's perspective.

Les U. Knight

*These EXIT Times*  
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Originally printed on paper that was only 50% recycled, but the trees were dead already, honest. And you could be reading a photocopy, so who knows?

*Toward a better understanding of complex global demographics.*

## DEMOGRAPHERS' CORNER

### B-D=M

On an average day in 1990:

405,000	Born
<u>-145,000</u>	Died
260,000	More

By decreasing or increasing there'll be less	Births, Deaths, More.
--	-----------------------------

Add morality to math and you'll get VHEMT.

## Reaching Out

Because the Movement's success depends on everyone volunteering, it helps to help others gain the VHEMT perspective.

Simply setting an example by living well and being happy puts your decision to live long and die out in a good light. This might be as active as you care to be in influencing others.

However, if you wish to help your friends make progress on their paths of awareness, you will find the free pamphlet, *Reaching Out*, to be a helpful guide.

Please include a self-addressed, stamped envelope with your request.

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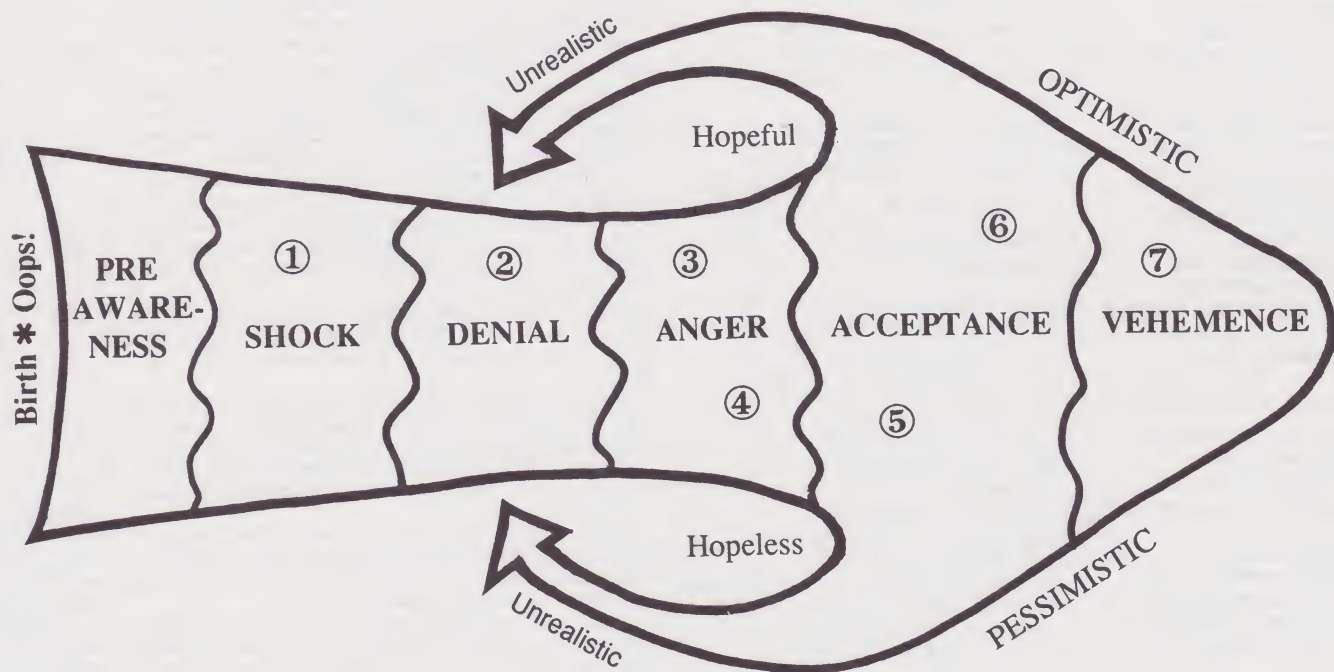
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# Birth of progressive awareness

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Though often necessary, this phase should be as short as possible. It's hard to break loose from a lengthy depression. Perhaps just realizing that there is hope.... allowing ourselves to see the signs of hope, which are all around us, will break the spell and allow us to move on to the hopeful acceptance phase.

## 6. Hopeless acceptance.

Yes, there is a depth of despair, but it is not the depths of depression. However, if our awareness is of mindless hopelessness, our hard-learned lessons are not as pleasant as some might think. It too can be a step towards the final progress.